

# Colon and Digestive Health Specialist, LLC

Phone: 770-922-7000; Fax: 770-809-3667

## Suprep Colonoscopy Prep Instructions

Name \_\_\_\_\_ Procedure: Colonoscopy  
Appointment Date: \_\_\_\_\_ Time: Hospital will call you

### Please report to Piedmont Rockdale Hospital.

You will need a ride TO and FROM Piedmont Rockdale Hospital. Driver must be 18 years of age or older and must be able to stay the entire duration of the procedure.

You will need to purchase: 4 tablets of Bisacodyl (5 mg each)- Brand name: Dulcolax 5 mg

### 2 days BEFORE the procedure:

- No SOLID foods, drink ONLY clear liquids for all of your meals.
- Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
- For list above: No red or purple dye and no dairy products

### At 3:00 PM the day BEFORE:

- Step 1: Take 2 Dulcolax 5mg tablets.
- Step 2: Pour one SUPREP bottle into mixing container
- Step 3: Add water to the 16-ounce line on the container and mix
- Step 4: Drink ALL the liquid in the container
- Step 5: Drink 2 more 16-ounce containers of water over the four hours (by 7:00 PM).

**\*\*DO NOT DRINK OR EAT ANYTHING OTHER THAN PREP SOLUTION AFTER MIDNIGHT\*\***

### On the MORNING OF the procedure:

At 1:00am, repeat steps 1-5 above. You must complete this by 2am.

### Medication Restrictions:

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

\*\* If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. \*\*

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## Clenpiq Colonoscopy Prep Instructions

Name \_\_\_\_\_ Procedure: Colonoscopy  
Appointment Date: \_\_\_\_\_ Time: Hospital will call you

### **Please report to Piedmont Rockdale Hospital.**

You will need a ride TO and FROM Piedmont Rockdale Hospital. Driver must be 18 years of age or older and must be able to stay the entire duration of the procedure.

You will need to purchase: 4 tablets of Bisacodyl (5 mg each)- Brand name: Dulcolax 5 mg

### **2 days BEFORE the procedure:**

- No SOLID foods, drink ONLY clear liquids only for all of your meals.
- Clear liquids allowed are water, bouillon, chicken broth, black coffee, Gatorade, Jell-O, Kool Aid, strained (pulp-free) fruit juices (NO SMOOTHIES) and clear carbonated drinks.
  - For list above: No red or purple colored drinks and no dairy or non-dairy products

**At 3:00 PM the day before**, take 2 Dulcolax 5mg tablets and drink first Clenpiq bottle followed by 5 cups of clear liquid. Finish these steps by 7:00 PM.

**\*\*DO NOT DRINK OR EAT ANYTHING OTHER THAN PREP SOLUTION AFTER MIDNIGHT\*\***

### **On the MORNING of the procedure:**

At 1:00am, take 2 Dulcolax 5mg tablets and drink the second Clenpiq bottle followed by 3 cups of water. You must complete this by 2 am.

### **Medication Restrictions:**

- No blood thinners like Coumadin, Warfarin, Aspirin or Ibuprofen for 3 days prior to procedure, unless told to continue.
- No Phentermine for 2 weeks prior to procedure.
- Please continue to take any Beta Blockers & blood pressure medicines with small sip of water 2 hours prior to procedure time.
- Diabetics: Take ½ of usual dose of insulin day before procedure and NONE on the morning of procedure. Do not take any oral diabetic medication the day before appointment or the morning of. Check sugar every 6 hours-if less than 75 drink a glass of apple juice, if more than 250 please call our office.

\*\* If there is any nausea, vomiting, shortness of breath, chest pain, severe headache, or excessive sweating please stop taking the prep and call the office. \*